



WOW Wellness Events & Info

April 2007

Check pages 2-13
for event info & links

page 14
for WELCOA Bulletins

Runs
Walks

Ann Arbor, Brighton

- Increasing Bone Density - Apr 24th
- Petit Bistro - Apr 26th
- Healthy Hearts Yoga, Overcoming Anxiety & Depression, Runner's Clinic & other healthy lifestyle education classes

Bay City, Flint

- Diabetes Educators Spring Conference - Apr 27th
- Healthwise University community ed classes
- Save the Date - May 6th Flint Kidney Walk

Cadillac

- Get Moving Cadillac

Coldwater

- Chronic Disease Self-Management Program - Apr 30th
- Save the Date - May 2nd Spring Diabetes Mall
- Free Blood Pressure and Glucose Screenings - 1st Weds
- Free Grocery Shopping Tours - Mondays

Detroit Area

- "Aim Hi" & "Promoting Healthy Eating..."
- Creating A Healthier Macomb
- Get Up, Get Out!
- Free community health, wellness & fitness classes

Farmington Hills

- Botsford Health Care Continuum programs

Grand Rapids

- Year-round Walking Program
- Year-round Cardiovascular Screening

Grayling

- Diabetes Glucose & Blood Pressure Screening
- Heart Health, Fitness, Nutrition Education Programs

Holland

- Center for Good Health

Lansing

- FREE Colorectal Screening - thru April
- Fitness Opportunities, Yoga
- Arthritis Aquatics, Blood Pressure Screening
- Community Partners in Health
- Diabetes Education, Healthy Heart Exam
- Stress Management Series - Mons & Tues

Marquette

- Lake Superior Soo Bahk Do Academy
- Health and wellness information

MidMichigan

- Health Education Classes & Screenings

Owosso

- Classes, Health Screenings, Support Groups

Petoskey

- Diabetes & Stroke Support Groups
- Foot & Nail Clinic
- Medical Weight Management Program

Rochester

- Health Education Programs

Roscommon

- Activities & Fitness Center

Sheridan

- Diabetes Support Group - Apr 4th

Traverse City

- Nutrition: Latest Information - Apr 4th
- Tai Chi for Health Apr 10th
- Diabetes Support Group - Apr 11th
- Nutrition: Food Ideas - Apr 18th
- Healthy lifestyle programs

U.P.

- Get Moving UP
- Fitness Connection

Ann Arbor & Ypsilanti

Ypsilanti/Women's Health Center Petit Bistro: Healthy Cooking for Babies/Toddlers

Thursday 4/26/2007

5:30pm - 8:00pm

Making homemade baby and toddler food is easier than you think! Give your child a fresh start towards good health & nutrition learning to prepare homemade baby food and learn to make quick, healthy finger food and toddler friendly meals and snacks. We will also discuss challenges and solutions of feeding a busy toddler as well as toddler nutrition needs. "Cooking class fees are non-refundable and non-transferable"

Fee: \$30.00 Contact: 734-712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2941>



St. Jo Mercy Health System

Healthy Hearts Yoga

6 weeks duration

**Tuesdays, 5:30 pm - 6:45 pm
(on-going)**

Gentle stretching, yoga postures and techniques for relaxation and stress management; no need to bend like a pretzel. Ideal for people with or at risk for cardiovascular disease. Classes are offered every Tuesday. Purchase a six-week package for \$60.00 to be used over an eight-week period. Payment may be made at your first class. FREE first-trial class! Begin at any time. Contact: 734-712-3546

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1056>

Ann Arbor/Behavioral Services

Overcoming Anxiety & Depression

Mondays, 6:00 pm - 7:30 pm (on-going)

A therapy and education support group for people with anxiety, depression or both. Fee involved (may be a covered benefit; check with your insurance carrier).

Contact: 734-786-8009

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1212>

Ypsilanti/Women's Health Center

Increasing Bone Density

(A strength training program)

April 24, 2007 (Tuesday)

2:00 PM

\$35

(734) 712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2928>

St. Jo Mercy Health System

Runner's Clinic

Exercise and Fitness

4972 B Clark Road, Suite 200, Ypsilanti

Wednesdays, 5:00 pm (on-going)

This is an ongoing program to assist runners in fine tuning their technique while gaining information and insight into the prevention of injuries. MSOC will also help runners improve their efficiency to improve their running times.

For more information, see the Michigan Sports Medicine and Orthopedic Center's website.

Contact: 734-434-3020

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1465>

Healthy Lifestyle Education Classes

St. Joseph Mercy Health System

**Check for on-going wellness classes
and support group information**

For additional information, please call

(734) 712-3583

www.sjmercyhealth.org/

[map/locations](#)

Bay City, Flint, Mt Pleasant, Owosso, Sheridan

Friday, April 27th Michigan Organization of Diabetes Educators 2007 Spring Conference DIABETES: RESEARCH TO REALITY A PATIENT FOCUSED APPROACH

Sponsor: MODE

Location: Holiday Inn Gateway Centre - Flint

Watch for detailed information soon!!

[http://www.diabetesinmichigan.org/Eventdisp.asp?Don=ECDO
N&ETType=1](http://www.diabetesinmichigan.org/Eventdisp.asp?Don=ECDO&N&ETType=1)

Bay City & Flint

McLaren Regional Medical Center

Bay City Employees:

Call (989) 894-3936

for class info

Flint Employees:

Call (810) 342-5353

for class info

Healthwise University

Community Education

<http://www.irmc.org/body.cfm?id=7&action=detail&ref=41>

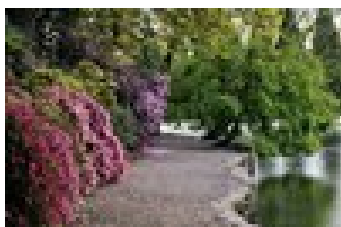
Owosso

**FREE lectures, support
groups, wellness events, PACE
exercise, health screenings**

Memorial Healthcare

(Check event info for locations)

www.memorialhealthcare.org



SAVE THE DATE!

Sunday, May 6th
FLINT KIDNEY WALK
11:00 AM

Lace up your shoes for the next FLINT KIDNEY WALK.....money raised through the walks supports NKFM programs and services in YOUR community. Check out our new website @ www.firstgivings.com/nkfm and the exciting techniques guaranteed to help you be successful in your fundraising goals.

Location: Pierson Road YMCA

Cost: No cost to attend and participate in the walk and fun activities of the day.

For More Information contact: Kathy Streng 810-232-0522 kstreng@nkfm.org

To Register: Visit our website at

www.firstgivings.com/nkfm

<http://www.diabetesinmichigan.org/Eventdisp.asp?Don=ECDON&E>

Mt. Pleasant

MidMichigan Health Park

4851 East Pickard St

Check for Aquatic Exercise &
Pilates Exercise Classes

MidMichigan
Health Line

1 (800) 999-3199

www.midmichigan.org

MidMichigan
Health Education
Classes

<http://www.midmichigan.org/>

Sheridan

Diabetes Support Group



Wednesday, April 4th

(First Wednesday of every month)

1:30-2:30 pm

Bring along a family member or friend.

For more information, email Kim Christensen
at kimc@sheridanhospital.com

or call 989-291-3261, ext. 240

<http://www.sheridanhospital.com/>

Hurley Health & Fitness Center
Check for fitness opportunities

Detroit Area

"AIM HI" For A Healthy Lifestyle Ongoing

Free health screening for diabetes, hypertension, cholesterol, glaucoma, and diabetic retinopathy, fitness and nutrition education classes, consultations with a fitness trainer, hypertension and cholesterol classes, diabetes self-management classes.

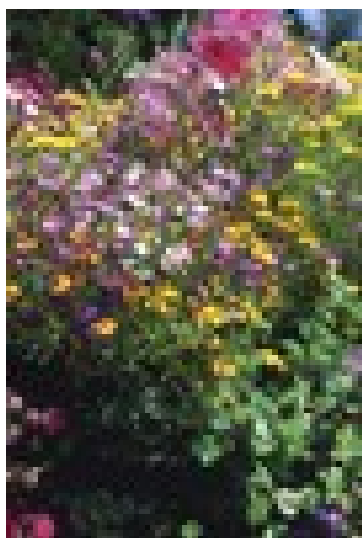
Locations:

AIMHI Eastside Health Resource Center,
Tues. & Thurs. 8:30AM-5:00PM, Fri. 8:30AM-
12:30PM, 3360 Charlevoix, Detroit, MI
48207 Phone: 313-921-8207

AIMHI Westside Health Resource Center,
Mon. & Wed. 8:30AM-5:00PM, Fri. 1:00PM-
5:00PM, 21551 Fenkell, Detroit, MI 48223
Phone: 313-592-4838

Sponsor: Henry Ford Health Systems

For More Information: Call 313-921-8207 or
313-592-4838, or call SouthEast Michigan
Diabetes Outreach Network at 313-965-2351
<http://www.diabetesinmichigan.org/eventdisp.asp?>



Promoting Healthy Eating in Detroit (PHED) Ongoing

PHED conducts Healthy Eating Demonstrations, Mini-Markets (where fresh produce is available at wholesale prices), and Physical Activity Events regularly.

Cost: N/A

For information on food demonstrations and/or mini-markets, call Teretha Hollis-Neely at (313) 876-4444. For information on the Physical Activity events, call REACH Detroit Partnership at (313) 874-7131, or see brochure.

<http://www.diabetesinmichigan.org/brochure/PHED.pdf>

Botsford Health Care Continuum Community Health-related Programs

Blood Pressure Screening Free

2nd Monday every month. 1-4 p.m.
Botsford General Hospital, Main Lobby

Cholesterol Screenings Fee required

Call (248) 477-6100 for information

Walking Clubs

Livonia Mall & Northland Mall

Call (877) 442-7900 for information

Free blood pressure provided to walkers by
Botsford General Hospital on selected days.

For a list of classes call (248) 477-6100

Detroit continued

Rehabilitation Institute of Michigan

Detroit Medical Center/Wayne State University

Free Health, Wellness & Fitness Classes

Fitness Calendar

To Register Call: (313) 745-9748

Search for other Detroit Area Health Care & Fitness Links

<http://www.detroit11.com/health.htm>

Detroit YWCA Northwest Branch

Rochester

Crittenton Hospital Medical Center

offers health education programs and services,

<http://www.crittenton.com>

Community Health & Education Department

(248) 652-5269 from 8 a.m. to 4:30 p.m.,

Monday through Friday

Washtenaw County Trails

<http://www.ewashtenaw.org>

Community Health Programs

www.stjohn.org/communityhealth

Get Up, Get Out!

Learn about exciting things you and your family can do outdoors.

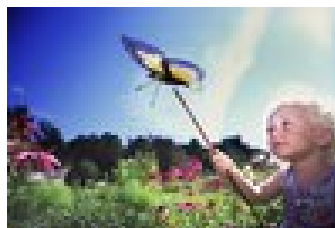
<http://www.detroitpublictv.org/gugo/index.shtml>

Walking Works

Creating A Healthier

Macomb County

www.chmonline.org



Coldwater, Grand Rapids, Holland

Coldwater

6-Week PATH

Chronic Disease Self-Management Program

4/30/2007

9:00am - 11:30am

PATH is a 6 week workshop that teaches practical skills for living a healthy life with an ongoing health problem. PATH is a Chronic Disease Self-Management Program that was developed and tested by Stanford University. It is designed to complement your current medical treatment. Workshops will meet: 4/30, 5/07, 5/14, 5/21, 6/04, 6/11 from 9:00am to 11:30am

Sponsor: H and C Burnside Senior Center

Location: 65 Grahl Dr. Coldwater, MI 49036

Cost: \$10

For More Information or to register: Call Diana Bovee at 517-278-7281

<http://www.diabetesinmichigan.org/Eventdisp.asp?Don=SODON&EType=1>

Spring Diabetes Mall

Wednesday, May 2nd

10:00am - 2:00pm

The purpose of the Spring Diabetes Mall is to provide information and resources to people with diabetes and raise awareness of the incidence of diabetes in Branch County.

Sponsor: H & C Burnside Senior Center, Airway Oxygen, Inc.

Location: H & C Burnside Senior Center 65 Grahl Drive Coldwater, MI 49036

Cost: FREE

For More Information: Call Diana Bovee at 517-279-6565 x22

<http://www.diabetesinmichigan.org/Eventdisp.asp?Don=SODON&EType=1>

Coldwater Wednesdays Ongoing

Free blood pressure
and blood sugar screening.

Held the first Wednesday of every month,

Sponsor: Burnside Senior Center

Location: Burnside Senior Center,
Coldwater, MI

diabetesinmichigan.org



Coldwater Grocery Shopping Tours Mondays - Ongoing

Stroll through a grocery store with a Registered Dietitian and Certified Diabetes Educator and learn how to read food labels, make healthy choices, and an opportunity to ask all those questions you have wanted answers to. No Charge! **Sponsor:** Southern Michigan Diabetes Outreach Network (SODON)
Location: Varies. Call SODON at 517-279-2267 or 800-795-7800 for a location near you.

diabetesinmichigan.org



Grand Rapids, Holland

Grand Rapids

YEAR-ROUND EVENT

Cardiovascular Screening

Provided by healthcare professionals including cholesterol, blood pressure, hemoglobin, urine tests, and cancer prevention counseling.

Time and dates by appointment only!

Sponsor: Catherine's Care Center

Location: 224 Carrier St. N.E., Grand Rapids

Cost: Free to seniors 60+ years

For More Info: Call (616) 454-7900

diabetesinmichigan.org

Grand Rapids

Year Round Walking Program

Mondays & Thursdays

Seniors but others are also welcome!

Sponsor: Creston Neighborhood Association

Location: Kent Hills Elementary

1445 Emerald NE Grand Rapids, MI

Cost: No charge

For more information call

Dave Mossburger at 616/454-7900

diabetesinmichigan.org

Holland Hospital Center for Good Health

To contact the Center for Good Health:

E-mail: CFGH@hoho.org

Call: (616) 394-3344

Mail: The Center for Good Health

3290 North Wellness Drive

Building D, Suite 240

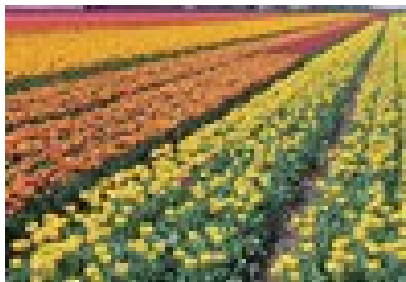
Holland, MI 49424

Check the
Center for Good Health Catalog
for runs, walks, healthy cooking,
stress management, and other
wellness-related classes.
www.hollandhospital.org

<http://www.hollandhospital.org/our%20services/center%20for%20good%20health/Default.asp>

Tobacco Free Partners Classes

www.tobaccofreepartners.org



Lansing Area

FREE Colorectal Cancer Screening

March thru April 2007

Have a free testing kit
sent to your home.

Mail the kit back by April 30th
for a free analysis.

Eligibility Criteria:

- Over age 50
- Over age 40 with higher risk due to:
 - Family history of colorectal cancer
 - Prior diagnosis of endometrial, ovarian or breast cancer
 - Personal or family history of polyps, ulcerative colitis, familial polyposis or inflammatory bowel disease
- Adults with no personal history of
- colorectal cancer

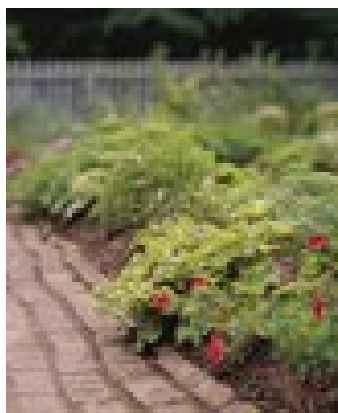
Healthwise University

On-going or Periodic
Community Health Education

Asthma Education	517 367-5177
Diabetes Education	517 374-4911
Heart Failure Support Group	517 367-5555
Int. Cardiac Defib. Support	517 483-7554
Smoking Cessation	517 367-5177
Weight Management	517 377-8633
	517 377-8699
Worksite Wellness	517 334-2650

WomenHeart
www.womenheart.org

Ingham Regional Medical Center
www.irmc.org



Lansing Area

Community Partners in Health

Contact: Alicia Armstrong 349-0887,
alicia@playmakers.com
or Karen Smith @ 367-5439
www.cphlansing.com/

Pacers Walking Club Lansing Mall

Monday through Sunday, doors open at 7am
For information on club benefits, stop by the
Pacers Information Station located near the Mall
Administration Office just off the Food Court or
call 517.364.8146. Pacers is sponsored by
Sparrow Health System, the Lansing Mall
and Delta Township. FREE

Walkabout Club Meridian Mall

Monday through Saturday doors open at 7am
(8am on Sunday's).
Stop by the Customer Service desk to register.
The Walkabout Club is sponsored by Sparrow
Health System, the Meridian Mall, MSU Evening
College and the Arthritis Foundation. FREE



As You Are Yoga studio 111 East Allegan Street

downtown Lansing

As You Are Yoga studio offers yoga
classes (for beginners and beyond),
workshops, teacher's training programs
and belly dance classes. We have classes
of all intensities: gentle, moderate and
high. Yoga and Belly dance build strength,
stamina, flexibility and balance - and can
be somewhat aerobic (depending on class)
www.asyouareyoga.com

Sparrow Stress Management Series

Mondays & Tuesdays
St. Lawrence Campus
Check calendar for times
[http://www.sparrow.org/commhealth/commhealth-
calendar/upcoming.asp](http://www.sparrow.org/commhealth/commhealth-calendar/upcoming.asp)

Healthy Heart Exam

Every Tuesday
\$39/person
www.sparrow.org

Blood Pressure Screening

Every Weds 8am - 9:30am
Lansing Mall Food Court
1st & 3rd Weds of monthly 8am - 9:30am
Meridian Mall Food Court

Sparrow Diabetes Center Diabetes Education Outpatient Classes

Sparrow Professional Building,
Suite 340, 1200 E. Michigan Ave., Lansing.
For more info on classes & cost, call 517.364.5955.

Sparrow Community Health Education and Fitness Programs April 2007 Calendar

Lansing Area continued

Court One Athletic Club Programs

Healthwise University Community Education Calendar

by Ingham Med Center

Community Screenings and Educational
Programs include: Peripheral Vascular
Screening for High Risk Adults Prostate
Cancer Screening

Email: healthwise@irmc.org

www.irmc.org

1 877 224 4325

334-2877

Healthwise University Weight Management/Diabetes Center

Diabetic Education Center

just off lobby of the Pennsylvania Campus

<http://www.irmc.org/body.cfm?id=668>

Living With Diabetes

2nd Tues each month - 8:30am - 5pm

1st Tues, Weds, Thurs each month - 9am - 12noon

3rd Tues, Weds, Thurs each month - 6pm - 9pm

registration: 1 877-224-4325 or (517) 374-4911

Lansing Community College Arthritis Aquatics

Arthritis Aquatics is a class that will give the
student exercises for range of motion in a
comfortable 90° pool.
tri-fold brochure

Other fitness courses offered

- Cardiac Rehabilitation
- Adult Lifestyle Exercise
- Fit for Life Exercise

Call (517) 483- 1227 for more details

LCC Physical Fitness/Aquatics
course description



Delta Waverly Aquatics

Waverly East Intermediate School Pool

3131 W. Michigan Avenue

Lansing, Michigan

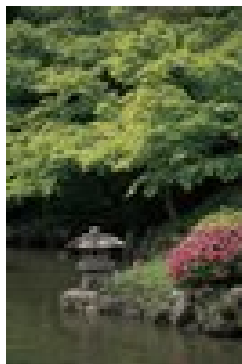
Pool temp is warm to accommodate those with arthritis.
Shower rooms and lockers are available.

<http://www.deltami.gov/parks/Aquatics/index.htm>

Lansing Parks & Recreation

Activity Guide

City of Lansing
Upcoming Events



Upper Michigan

Let's Get Moving Cadillac

Register anytime

Learn 100 ways to stay active

<http://www.cadillacmichigan.com/letsgetmoving/>

Petoskey

Medical Weight Management Program

at a variety of dates and times

Burns Professional Building, Ground Floor

Fee: Free Introductory Sessions

Is weight affecting your health? If you're serious about losing weight, don't wait. The program is

medically supervised by the Northern Michigan Hospital Diabetes and Nutritional Counseling Center.

Contact : HealthAccess at 1.800.248.6777

or 1-800-847-3665

www.northernhealth.org

Diabetes Ongoing Learning Group

Second Monday of each month, 7:00 pm

Dean C. Burns Community Health Education Center
360 Connable Ave.

A support group for patients with diabetes and their family members. Guest speakers periodically present the latest information related to diabetes.

Contact: HealthAccess @ 1-800-248-6777

Stroke Support Group

1st and 3rd Tuesday of the month

1:00 - 2:00 pm

Northern Michigan Hospital

Second floor Acute Rehab Conference Rm

A support program for patients and families.

Contact: HealthAccess @ 1-800-248-6777

Northern Michigan
Wellness Classes & Events

Traverse City

Nutrition: Latest Information

Wednesday, 4/4/07

9:00 am - 10:30 am

Munson Community Health Center

Conf Rm A

Class covers the low fat, low sodium diet and its importance in the treatment of cardiovascular disease. It includes a review of the current research and a discussion on how to improve your lipid profile (cholesterol) and blood pressure from a nutritional perspective. Also discussed are complex carbohydrates and what happens when a person trials diets such as Atkins and the South Beach Diet.

Additional dates for this class: 5/2, 6/6, 8/1, 9/5, 10/3, 11/7, 12/5

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001876>

Traverse City

Tai Chi for Health

Tuesday, 4/10/2007

1:00 pm - 2:00 pm

Munson Community Health Center - Classroom F

Do you have arthritis, osteoporosis, or back pain? Learn the gentle movements of Tai Chi that will help to improve muscular strength, circulation, concentration, coordination, and balance. This specially designed program is based on sun style Tai Chi that is easy to learn, safe, effective and suitable for any fitness level. No prior experience is necessary. Wear comfortable clothing and flat shoes.

Fee: \$49 Preregistration Required

Contact:

Northwestern Michigan College

(231) 995-1700 (phone)

(231) 995-1708 (fax)

Other dates for this class: 4/17, 4/24, 5/1, 5/8

<http://www.munsonhealthcare.org/>



Upper Michigan continued

Traverse City Nutrition: Food Ideas

Wednesday, 4/18/07

9:00 am - 10:30 am

Munson Community Health Center

Conference Room A

550 Munson Avenue

Traverse City, MI 49684

This class covers healthy cooking techniques for reducing fat, specific foods to look for at the grocery store, planning a menu and organizing your kitchen to prepare heart healthy meals. No Cost. Contact: Mary McManemy, RN (231) 935-8565 (phone) (231) 935-8609 (fax) mmcmanemy@mhc.net

Additional dates for this class: 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, 11/21, 12/19

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001879>

Let's Get Moving Northern Michigan!

In this program healthcare providers across Northern Michigan team up with local sponsors and local government to encourage adults, children, and families to set personal goals and make activity part of their daily lives.

check below link for info

<http://www.lgmn.org/site/3526/default.aspx>

Traverse City

Munson

Diabetes Support Group

4/11/07

1:30 pm - 3:00 pm

(2nd Wednesday every month)

Munson Medical Center - Dining Room 2

For more information:

(231) 935-8200 or (800) 809-8127 (phone)

(231) 935-8215 (fax)

education@mhc.net

Free Healthy Lifestyle Programs

(231) 935-6449

When: Last Wednesday of the month

Where: Grand Traverse Mall's Community Room

Check for more Munson Health Classes Community

Health Education Calendar

www.MunsonHealthCare.org

Roscommon

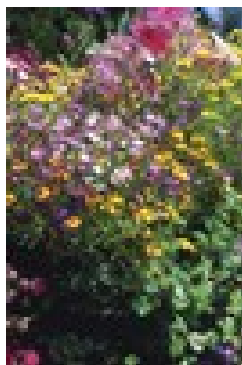
Community Recreation,

Activities and Fitness Center

606 Lake Street, Roscommon, MI 48653

Phone: (989) 275-4975

Activities & Classes



Upper Peninsula

**Lake Superior
Soo Bahk Do Academy**
1200 South Front Street
Marquette, MI 49855
(906) 226-4723

Traditional Martial Arts and
Self-Defense Training for All Ages.
Group and Family Discounts.

For more about "Soo Bahk Do" go to
www.region5soobahkdo.com/

Houghton Community Health Center The Fitness Connection

Located on the second floor of the Houghton Community Health Center, The Fitness Connection offers a variety of memberships.

- Certified, friendly staff
- Individualized personal training services
- Fitness testing
- Fitness counseling services
- Massage
- A wide range of aerobic equipment such as Woodway & Cybex treadmills, and Precor elliptical cross trainers. State-of-the-art weight training equipment including Free Motion Fitness Series. For info call: (906) 483-1887

Hours of Operation:

5:30 a.m. to 10 p.m. Monday - Friday
8 a.m. to 6 p.m. Saturday
12 p.m. to 6 p.m. Sunday

www.portagehealth.org

Helen Newberry Joy Hospital Diabetes Education

906-293-9286 or 800-743-3093

Classes are offered at Helen Newberry Joy Hospital & Healthcare Center in the Huron (main) Conference Room unless otherwise indicated.

<http://www.hnjh.org/diabeteseduc.html>

Upper Peninsula Health Care Network

<http://www.uphcn.org/>

Marquette

Marquette General Hospital Health & Wellness Info

<http://www.mgh.org>

Get Moving UP!

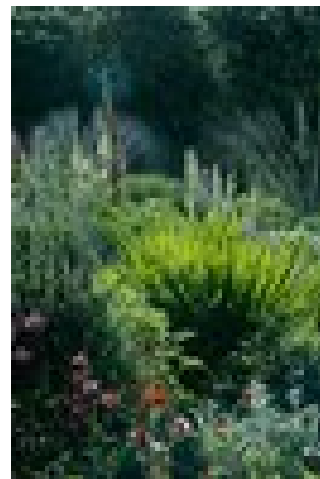
For Info, e-mail George Sedlacek

at gsedlacek@hline.org

(906) 475-9312

Negaunee, MI

www.fitup.org



To Read: Click on desired topics

Better Safe

- 5-Day Countdown to Quitting Smoking
- All You Need Is Love
- Avoiding Medication Errors
- Weight Management with Common Sense
- Preparing for Disaster
- Your Plan for a Long, Health Life
- Heart Healthy Holidays
- Laying A Foundation for Longevity
- Understanding Thyroid Disease
- Exercise for Gain, Not Pain
- A Cold vs the Flu
- Who Should Get the Flu Shot?
- Exercise Prescription for Over 45
- Screening for Colon Cancer
- Your Feelings Affecting Work . . . ?
- Re-engagement with Life
- Facts on Managing Your Cholesterol
- Atkins Diet Q&A
- Nutrition for a Healthy Long Life
- Are You Living Your Maximum Life?
- Stretching Your Future
- Bending, Not Breaking
- Freckles, What's the Skinny?
- Quit Smoking
- Taking Care of the Unexpected
- Managing the Aches & Pains of Arthritis
- Breast Cancer De-Mystified
- Alzheimers & Other Dementias
- Dealing Effectively with Back Pain
- Five Alive
- Heartache if Heartburn?
- Obesity and Heart Disease
- Is it a Migraine?
- Balance in Life & Work

Day In & Day Out

- A Healthy Balance
- Heart Healthy Lasagna
- Pole Position - Walking with Poles
- 13 Tips To Conquering Insomnia
- Short Circuit
- Super-Sized in 30 Days
- 'Tis the Season
- Benefits of Brown-Bagging
- Control Your Portions
- Relationships: Your Other Care System
- Cooking Healthy
- Chicken w/Chinese Vegetable Stir Fry
- 7 Signs of A Fad Diet
- Diabetes Prevention
- Spinning & Winning
- Six Biggest Cycling Mistakes
- Stick With It
- Women, Weights, and Core Strength
- Fit For Life
- Depression: More Than the Blues
- Spa Day At Home
- Spa Resources
- Better Golf for Fitness & Fun
- Know Your Risks for Sleep Apnea
- Preparing for Fitness
- Lawn Games
- Tea Time For Your Ticker
- Exercise & Play Go Hand In Hand
- A Healthy Balance
- Bad Diets Start Early
- Savory Citrus Salsa
- Staying Connected
- 5-A-Day Made Easy
- What's Cooking in 2006?
- More Is Less
- The Power of Ten

To Your Health

- Adjust Your Attitude
- Stretching Is the Key
- Tips on Coping with Osteoarthritis
- Men's Medicine: 3 Prevention Priorities
- Family/Friends Can Help the Depressed
- Great American Health Quiz
- Helpful Hints for the Home Gym
- Coming to Terms with Exercise
- For Pain, Apply RICE
- The Promise of PILATES
- Managing Pain
- Walk the Talk
- Walking for the Health of It
- Understanding Depression
- Healthy Snacking for Football Season
- Football Stew
- 10 Tips -Taking Charge of Your Healthcare
- Target Your Heart Rate
- Hearty Facts
- Mediterranean Diet
- Healthiest Burger
- Safe Grilling
- Take a Hike
- Fast Food Fast Facts, Food for Thought
- Men & Women: How We Age
- When Good Foods Don't Feel Good
- The Mystery of the Shrinking Biceps
- Power Packed Foods
- Resting Easy
- Core Strength
- Hormone Replacement Therapy
- Scaling New Heights
- Manage Weight as You Age
- Rules for a Great Workout
- Food Buzz Words